













Pattern Hwa-Rang

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity. (29movements).

Starting position	1.Step left foot out	2.don't step
ready stance type C	Sitting stance	Sitting stance
chunbi sogi	L middle palm heel strike	R middle punch
		
3.don't step	4.turn right	5.don't step
sitting stance	L stance	L stance
L middle punch	twin forearm block	L upward punch & R fist to shoulder
		

6.move right foot forwards	7.pull R foot back to left	8.step L foot to the right side
fixed stance (sliding motion)	vertical stance	walking stance
R middle punch	R knife hand downward strike	L middle punch
		
9. turn 90 degrees	10.step forwards	11.step L foot to R foot
step forwards: WS	walking stance	grab R hand with the left
L low block	R middle punch	pull both hands backwards
		
12. R middle side piercing kick	13.step L foot forwards	14.step R foot forwards
L stance	walking stance	walking stance
R knife hand strike	L middle punch	R middle punch
		

15.turn 270 degrees	16.step R foot forwards	17.step R foot across
pivot on R foot: LS	walking stance	L stance
knife hand guarding block	R middle straight fingertip thrust	knife hand guarding block
		
18.L turning kick	19.R high turning kick	20.turn 90 degrees
high section	L stance	step left leg forwards: WS
fast motion	knife hand guarding block	low outer forearm block
		
21.pull left foot back	22.step R leg forwards	23.step L leg forwards
L stance	L stance	L stance
R middle punch	L middle punch	R middle punch
		

24.slide L foot forwards	25.Move R leg forwards	26.Move R leg to left leg
walking stance	sliding motion: L stance	turn 270 degrees
x-fist pressing block	right side elbow thrust	R inner forearm block and left outer forearm down
		
27.don't step	28.step left foot forwards	29.step L foot to R foot
closed stance	L stance	turn 180 degrees, step R foot forwards
swap arms over	knife hand guarding block	knife hand guarding block
		

step right foot to left foot

ready stance type C

chunbi sogi

